

ABSTRACT OF THE DISCLOSURE

There is provided a flow control element for use with a drinking cup cap having a first mating member in fluid communication with a spout aperture. The flow control element has a first stack and a first valve. The first stack has an upper portion that can be positioned to be removably sealed in or with the cap. The first valve is defined in a sidewall of the first stack and is configured to provide selective fluid communication with the spout aperture.